

# Fairfax Food Service

August 2023

**Congressional**  
**Infant - Great Adventures AM/PM Snack**

| <u>Monday, July 31, 2023</u>  | <u>Tuesday, August 01, 2023</u>  | <u>Wednesday, August 02, 2023</u>  | <u>Thursday, August 03, 2023</u>   | <u>Friday, August 04, 2023</u>   |
|---|--|--|--|--|
| AM: Rice Chex (GF), 1/2c<br>AM: Milk, 1/2c  | AM: Vanilla Yogurt, 1ea<br>AM: Homemade Granola (nut free), 1oz<br>T&T: Honey Maid Graham Crackers, 1 pkt                | AM: Cheerios Cereal (GF), 1/2c<br>AM: Banana, 1/2ea  | AM: WG Cinnamon Raisin Bread, 1/2sl<br>AM: Milk, 1/2c  | AM: Fresh Baked Banana Bread, 1sl<br>AM: Red Delicious Apple, 1/2ea<br>T&T: Applesauce, 1/2 c                                  |
| PM: Baked Multi Grain Sun Chips, 1/2pkt<br>PM: Mild Salsa, 1oz<br>T&T: Vanilla Yogurt, 1 ea.<br>T&T: Mandarin Oranges in Juice, 1/2 c | PM: WG Cinnamon Crispy Bites, 1 pkt<br>PM: Milk, 1/2c  | PM: WG Sliced Bagel, 1/2ea<br>Cream Cheese, 1/2oz<br>PM: Applesauce, 1/2 c                     | PM: WG Cheese Goldfish, 1pkt<br>PM: Fresh Baby Carrots, 1/2c<br>PM: Ranch, 1 ea.<br>T&T: Peaches in Juice, 1/2 c | PM: Cheddar Cheese Stick, 1ea<br>PM: Townhouse Crackers, 4ea   |
| <u>Monday, August 07, 2023</u>  | <u>Tuesday, August 08, 2023</u>  | <u>Wednesday, August 09, 2023</u>  | <u>Thursday, August 10, 2023</u>   | <u>Friday, August 11, 2023</u>   |
| AM: Crispy Rice Cereal, 1/2c<br>AM: Milk, 1/2c  | AM: Honey Maid Graham Crackers, 1 pkt<br>AM: Mixed Fruit in Juice, 1/2c  | AM: Corn Chex (GF), 1/2c<br>AM: Orange Wedges, 4ea<br>T&T: Toastios, 1/2 c<br>T&T: Banana, 1/2 | AM: Vanilla Yogurt, 1ea<br>AM: Banana, 1/2ea   | AM: Fresh Baked Blueberry Bread, 1sl<br>AM: Milk, 1/2c   |
| PM: Townhouse Crackers, 4 ea.<br>PM: Pears in Juice, 1/2c   | PM: Townhouse Crackers, 4ea<br>PM: Fresh Baby Carrots, 1/2c<br>PM: Ranch, 1 ea.<br>T&T: Mandarin Oranges in Juice, 1/2 c | PM: WG Cheese Goldfish, 1pkt<br>PM: Red Delicious Apple, 1/2ea<br>T&T: Peaches in Juice 1/2 c  | PM: Cheddar Cheese Slice, 1ea<br>PM: Townhouse Crackers, 4ea   | PM: Mini Pretzels, 1/3c<br>PM: Golden Delicious Apple, 1/2ea<br>T&T: Honey Maid Graham Crackers, 2ea<br>T&T: Applesauce, 1/2 c |
| <u>Monday, August 14, 2023</u>  | <u>Tuesday, August 15, 2023</u>  | <u>Wednesday, August 16, 2023</u>  | <u>Thursday, August 17, 2023</u>   | <u>Friday, August 18, 2023</u>   |
| AM: Rice Chex (GF), 1/2c<br>AM: Milk, 1/2c  | AM: Vanilla Yogurt, 1ea<br>AM: Homemade Granola (nut free), 1oz<br>T&T: Honey Maid Graham Crackers, 1 pkt                | AM: Cheerios Cereal (GF), 1/2c<br>AM: Banana, 1/2ea  | AM: WG Cinnamon Raisin Bread, 1/2sl<br>AM: Milk, 1/2c  | AM: Fresh Baked Banana Bread, 1sl<br>AM: Red Delicious Apple, 1/2ea<br>T&T: Applesauce, 1/2 c                                  |
| PM: Baked Multi Grain Sun Chips, 1/2pkt<br>PM: Mild Salsa, 1oz<br>T&T: Vanilla Yogurt, 1 ea.<br>T&T: Mandarin Oranges in Juice, 1/2 c | PM: WG Cinnamon Crispy Bites, 1 pkt<br>PM: Milk, 1/2c  | PM: WG Sliced Bagel, 1/2ea<br>Cream Cheese, 1/2oz<br>PM: Applesauce, 1/2 c                     | PM: WG Cheese Goldfish, 1pkt<br>PM: Fresh Baby Carrots, 1/2c<br>PM: Ranch, 1 ea.<br>T&T: Peaches in Juice, 1/2 c | PM: Cheddar Cheese Stick, 1ea<br>PM: Townhouse Crackers, 4ea   |
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Portions meet CACFP requirements: Snack 3-5 years - 4oz. Milk, 1/2 oz meat/meat alternative equivalent, 1/2 c vegetable, 1/2 c fruit , 1/2 oz grain equivalent.

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